A CYCLIST ON CENTURY RUNS

Archie A. Gracie, the World's Champion, Writes of His Own Experience.

HE MADE 22.848 MILES LAST YEAR.

the Rider Who Cares for Himself. Hundred Mile Run by Moonlight.

Gracey holds the Century Road Club's cord of 156 centuries and a year. Every wheelman will know what olds the record in a club made up tury wheelmen, it goes without that he is a rider par excellence.

wheel. Anyhow I always felt better the next day, and, as I said before, absolutely the only thing that I ever lost by making these runs was flesh.

"Some folks say that bicycle riding and particularly century runs becomes after a while a mania. I would like to say that there is no truth in that at all as far as I have been able to observe, and my experience has been extensive. Personally my reasons for doing this riding I have told. I was after prizes and non-ors, and I rode day and night, generally moonlight nights in good weather. The ors, and I rode day and night, generally moonlight nights in good weather. The pleasure I derived from moonlight spina cannot be described. It just came to me in a natural way and not like any mania or sudden fancy at all. To show that I never got crazy on the subject, I would say that I have not ridden five hundred miles this year, in three and a half months, and I do not expect to do over three or four centuries in 1897.

"NO HUMP FOR ME."

"The secret of being successful in the

be a professional rider. Still I won the following prizes in 1896: Century Road Club, National Gold Medal for Centuries same for milesee, the Read Control of the Read

"A. A. GRACEY." ORGANIZING THE NEGRO.

To be Known as the Negro Protective Ass



A. A. GRACEY, OF PHILADELPHIA, WHO HAS WRITTEN FOR THIS NEWS-PAPER ON THE EFFECTS ON HEALTH OF CENTURY RUNS.

I am not trying to preach total as-stinence, but am simply stating what I did, and what I believe enabled me to endure the great amount of riding I ac-complished without apparent ill effect upon my health. About the only noticeupon my health. About the only holice-able result of my centuries was the less of from ten to lifteen pounds of ilesh in summer. My average weight is liz-pounds, I am twenty-seven years old-and five feet, nine inches in height. MONTHLY AVERAGE

"For the benefit of those who would like to know about the average ridh.z

of a man who is looking after century runs, I give these figures which com-prise my monthly average for the twelve months of 1896:

Months	Centuries	Miles
January	-	374
February	3	778
March	7	1816
April	10	1947
May	11	2556
June	13	2254
July	- 14	2293
August	13	1875
September	26	2852
October	23	2866
November	203	2175
December	16	1743
Totals	156	22,848

In making the runs to which I have referred I was accompanied by members of the Century Wheelsman's Club or perhaps I ought to say ninety per cent. of the runs. I firmly believe the secret of my successful riding lies in the fact of my always holding a uniform pace, a steady, continuous grind of an average of twelve to fifteen miles an hour, day in and day out. and day out. I generally took a half hour for meals. We always selected a level, smooth road as far as possible, as

hour for means. We always selected a level, smooth road as far as possible, as the Century Club rules say that eighty per cent. of every century run must be on the public road and it is never allowed that a member of the club make over twenty per cent. of a run on asphalt.

A GOOD RUB DOWN.

"When first starting out to make these runs in the early winter, I felt a little stiff about the joints, but when once I had hardened up, and as a result rapidly got into good condition, I found that the riding had no ill effect on me. Experience showed me that I could ride a hundred filles every day for a month and not even feel that I had been in the least degree trying to accomplish anything out of the ordinary. Even when I rode in storms and got soaked through I found that I never took cold or suffered the slightest inconveniences Perhaps one reason for my good fortune in this re-

slightest inconveniences Perhaps one reason for my good fortune in this respect was that I always took a good rub down every night with some sort of liniment that I could depend on limbering me up a bit.

"When once I managed to get into good condition. I never felt in the least tired. I mean by that that I did not feel tired at any time during the run nor any time." I mean by that that I do not receive at any time during the run nor any time after it was all over. On a number of occasions, I did what are known as double century runs, that is, I made two hundred miles in a day. A double century is considered a pretty fair test of a gider's condition, and so when I say that

and I never used tobacco or liquor in any form.

"I am not trying to preach total abstinence, but am simply stating what I did, and what I believe enabled me to endure the great amount of riding I accomplished without apparent ill effect in Richmond, May 18, 1897, at noon

Mr. Bayse Here.

Mr. Basye has studied law for the past two years, and will be graduated from the Columbian University in a few weeks. He will probably practice in Gloucester.

Miss Reinbardt Honored.

Miss Annie Louise Reinhardt, of Richmond, distinguished herself as the violin soloist at the Germania Maennerchor concert, in Baitimore, last Thursday night. She received a perfect ovation.

This young lady is destined to become a great artist. She has appeared frequently before critical audiences and has never failed to score a triumph.

Rosemary Library.

mary Library will hold its regular month-ly meeting on Tuesday, May II, at No. 5 south Third street, at 5 P. M. Each members is earnestly requested to be punctually present

The paper is signed by the following:

(12M).

The paper is signed by the following:

A. H. HARKIS, Ch'n.

JAMES H. HAYES, Sec.

R. M. SMITH.

M. N. LEWIS.

JOHN H. SMYTH.

Ex-Minister to Liberia.

DR. R. E. JONES.

JAMES I. MITCHELL.

W. G. SINGLETON.

R. B. BAPTIST.

J. H. HARRISON.

ROBERT COX.

C. C. STEWARD.

It is given out by those who are shaping this movement that this proposed organization of the Virginia negroes is not an onslaught for office nor a fight against the white Republican leaders, but is designed in strict accord with the National Protective Association, recently organized at Washington by ex-Congresseman Murray of South Carolina, to aid the negroes materially, educationally and politically: an effort which has no factional differences where race interests are at stake, bringing together all the negro leaders who have the advancement of their race at heart.

The interest in this movement is widespread and several hundred delegates are expected to be in attendance.

Rev. W. W. Brown, president of the True Reformers, has tendered the use of the True Reformers' Hall to the conference and will make the opening address of welcome.

Mr. L. D. Bayse, of Gloucester county, was in the city yesterday morning on his way to Washington.

way to Washington.

He is the Democrat who was recently dismissed from the Treasury Department in violation of the Civil Service rules, and which dismissal was characterized as political persecution.

Mr. Basye, in speaking of the State Senatorial fight, stated that Judge Blakey and Mr. J. Boyd Sears were both candidates against Senator James N. Stubbs but he thought Mr. Stubbs would be elected.

Mr. Basye says his people have a high regard, for the good Senator Stubbs has accomplished for them upon the question of oyster legislation, and that they will return him to this field of usefulness.

The Peter Stumpf Brewing Co.

......HAS BEEN CHANGED TO......

HOME



BREWING COMPANY

HE quality of their Beer remains the same. The public having decided that it could not be improved, the demand for their Home Beer forced them to increase their storage capacity and add new machinery. They are now prepared to fill any order promptly.

Special Attention Given to Their Bottling Trade.

WANT DRUGS, NOT ADVICE

THE PATIENT NOT SATISFIED WITH ANYTHING LLSE.

Digestion and Exercise-How the Liquor Habit is Visited Upon the Children,

are caused by germs, and these discases run in generally a certain course and take a certain reagin of time. The physician cannot cure these. An that he can do is to support lature by avvising certain foous and certain flygione measures, but the people do not want advace—taky want drugs, and weeketide the mackless doctor who has for a patient an impatient person, or one who has thoughtess remaives, or, as is insularly the case, officious friends. His days are numbered he is sent off with his advice and abother physician called. Should the disease run a long course, the second, likewise, will feceive his conge, and the physician who comes when the patient is hearing convacomes when the parient is hearing conva-tescence, is the best (sic). His praise is

comes when the patient is hearing convalescence, is the best (sic). His praise is
manifold, reaches the sky and scrapes
it, and the stars failing as a result of the
procedure are set in his crown and shine
until he fails—as others do.

In typhoid-fever, for instance, we have
a duration of twenty-eight days, and excepting for unusual symptoms that may
arise in its course, drugs are unessential,
ityglenic measures are to be followed
strictly, and nature, well supported, carries the case to a successful issue.

"The sensible doctor would use very few
drugs if he could have his own way, but
unfortunately for humanity, he cannot.

DIGESTION AND EXERCISE.

It is a fact that exercise taken directly
after the introduction of food into the
system mars digestion to a great extent.
The reason is extremely easy of explanation. When food is taken there is an immediate flow of blood to the organs of digestion, so that the materials necessary
for the act may be easily supplied. This
blood comes from the muscles (of the
limbs among others), the brain, and other
organs.

If exercise should now be taken the

imbs among others), the brain, and other organs.

If exercise should now be taken the blood flows back to the muscles, brain, etc., and none is left for the organs of digestion. Result: Indigestion.

What is the cause of sicepiness after a hearty dinner? The answer is in the foregoing. The brain, when active, requires a large amount of blood. During digestion the blood is withdrawn from it and drowsiness ensues.

And for the same reason one is enabled And for the same reason one is enabled o apply himself to mental work in the

DUTY TO OUR NEIGHBORS. DUTY TO OUR NEIGHBORS.

It is absolutely criminal to refuse vaccination, for not only do we expose ourselves needlessiy to the dangers of small-pox, but we also endanger the health and even lives of our neighbors. And in this connection, I believe a decision has been rendered in the courts whereby a person was compelled to pay a fine for refusing to be vaccinated in a time of small-pox enddemic.

to be vaccinated to epidemic.

The Supreme Court of Pennsylvania has confirmed the decree of a lower court to the effect that school boards have a right to exclude from the public schools children who have not been vacci-

nated.

Judge Dixon, of New Jersey, says if a man, conscious that he carries about with him the germs of a contagious disease, recklessly exposes the health and lives of him the germs of a contagious disease, recklessly exposes the health and lives of others, he is a public nuisance and criminal and may be held answerable for his conduct. If death occurs through his recklessness he may be indicted for manishaughter. It is held that where a person knowingly communicates a contagious disease to another and death results the crime is that of manishaughter who may also be indicted for spreading the disease by conscious exposure of others, by his presence in public places, such as on the streets, in halls, etc. He may be indicted as a public nuisance for endangering the public health in this way, seven if no consequences followed. The law provides some penalty for such offences against the public safety.

EVILS O FINTEMPERANCE.

The superintendent of a hospital for children at Berne, Switzerland, has found her earsful observation that only 45 per second.

Manding view of the date agreed upon, and the committee in charge are energetic in their efforts to make the excursion one of the most enjoyable of the season.

For the Commonwealth Club.

The third bust of Commodore Mciville is now being cast in Providence, R. L., from Mr. Ellicott's model, and it will, where completed go to the Committee in charge are energetic in their efforts to make the excursion one of the most enjoyable of the season.

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Some words of Beecher are very appropriate here: "It seems hard that when a man does wrong, his children should be put under an almost irresistible inclination to do wrong; it seems hard that when a man drinks spirituous liquors, his children and children's children should find themselves urged by a burning thirst, which they can heardly withstand towards indulgence in intoxicating drinks; it seems hard that diseases should be transmitted and that, because a man has violated the law of health, his children should be sickly and shortlived; these things look hard so long as we look at them only on one side; but what a power of restraint economy has when every man feels: "I stand not for myself alone, but for the whole line of my posterity, to the third and fourth generations."

Following are statistics that may be

Drink-Dwarfs (stunted in growth)

Dr. Blandford in a recent address to the British Medical Society, said that in the case of boys and girls with a strong hereditary taint (of insanity) he though it very important that they should be brought up to be total abstainers, lest they contract the diseases, especially nervous or inebriety.

And not only should, total abstinence

And not only should total abstinence be enforced in these instances, but in all children. A child has no need of stimulants. Not a drop should be allowed it: and yet fond parents boast of how manfully (?) their children can drink beer, wine, etc., when each swallow is but blazing the path of inebriety and all its consequent horrors, lying, theiring, in fact all traits that point to an absolute loss of morals and morality.

SANITAS.

To Have an Excursion.

Wednesday night last, at Lee Camp Hall, Division, No. 1, Ancient Order of Hibernians, held a most important meeting, and a committee recently ap-pointed to look into the advisability of running an excursion presented a lengthy report which was received and adouted running an excursion presented a lengthy report, which was received and adopted by the division. Vinita, a beautiful site, about eighteen miles up the Allegnany Division of the Chesapeake and Ohio railway, was the place of pleasure decided upon by the members. The ground; are beautifully picturesque, and a commanding view of the environs can a hal at all times, June 23d was the date agreed upon, and the committee in charge are energetic in their efforts to make the excursion one of the most enjoyable of the season.

Will Sweep Down Things Next Week.

WE will have several car-loads of fine artistic Furniture for can get them at the RIGHT PRICE sale at prices that will astonish the world. We are DE-TERMINED to please everybody in prices. We know some of our competitors have tried to talk down our business, but we continue to quote some of our low prices:

A Good No. 8 Cooking Stove, \$8.50. A Nice Solid Oak Chamber Suit, \$18.00.

A Good Hair Mattress, \$6.50.

Heywood Baby Carriages, \$5.00.

A Good Refrigerator, \$5.00.

Wife, let's sell that old stove

and buy one of those Good No.

8 Stoves , for \$8.50.

Call early-we can't tell how long we will continue these

Grandpa, why don't you buy Husband, I will not carry my baby out in that old carriage one of those Good Hair Matagain-you can buy one for \$5. Everybody can get married

> buy a whole outfit for \$51.75-Oak Suit.....\$18 00 Sewing Machine..... 20 00 Lounge..... 2 00 No. 6 Stove.....

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Manutacturers of and dealers in all styles of vehicles for city and country use. plete stock of the latest and most fashionable designs. Prices way down. Look! Top Buggies from \$55 πρ; Traps from \$75 up; Surries from \$85 up. We carry Harness

See the styles Victorias, Extension Tops, Surries, Phaetons, Brewsters And En-Spring Buggies; Grocery and Delivery Wagons, Daytons, Jump Seats, Run-a-Boute, Doc tors' Buggies, Fancy Traps. Also carry nice Chamois Skins and Sponges for washing vehicles. Finest Oil for gressing axies.

We Do Repairing and Repainting in the Best Manner

Luxury, who think that the best shoe made is not too good for them, who insist on having shoes

that are certain to

LOOK RIGHT,

and FEEL RIGHT.

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J. A. GRIGG, President. S. C. WEISIGER, Sec'y and Treas. TATE F. CHENERY, Salesman.

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F. SITTERDING,

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The Virginia Hot Springs Co.,.

Bath County, Va., on Chesapeake and Ohio Railway 2,500 FEET ELEVATION.

"The New Homestead," with all mourn conveniences, including private baths, to-gether with the bath-house, open the year round.